



**2003 NETHERLANDS  
2004 ITALY**

### **Welcome to a Once In A Lifetime Joint Services Opportunity**

Each summer the United States sends an 18-member men's team and a 6-member women's team to Europe for the **Interallied Confederation of Reserve Officers (CIOR) Military Competition**. Our NATO counterparts are tough competitors! **We need the BEST ALL-AROUND RESERVE and GUARD Officer and Cadet to represent our country.**

**Officers and Cadets become your resident expert in the below SKILLS (Marksmanship/Land Nav/Unit Fitness program). They also have a better understanding of NATO.**

**THIS IS NATO'S MILITARY PENTATHLON.  
IT'S A TEAM EFFORT.  
THERE'S ONE GOLD MEDAL**

#### **COMPETITION EVENTS**

**RIFLE MARKSMANSHIP  
PISTOL MARKSMANSHIP  
500 M LAND OBSTACLE COURSE  
50 M WATER OBSTACLE COURSE  
ORIENTEERING**

#### **ELIGIBILITY**

**RESERVE COMMISSION - ACTIVE, RESERVE, GUARD, IRR, IMA, or  
CADET.**

#### **STANDARDS**

	<b>MEN</b>	<b>WOMEN</b>
<b>800M RUN</b>	<b>2:30</b>	<b>3:00</b>
<b>5-MILE RUN</b>	<b>32:00</b>	<b>37:30</b>
<b>50M SWIM</b>	<b>:35</b>	<b>:40</b>

#### **HOW TO APPLY**

<http://uscior.army.mil/>

**CONTACT YOUR SERVICE PROJECT OFFICER AT THE ABOVE  
WEBSITES TO JOIN AN ELITE JOINT SERVICE U.S. TEAM**